



SELF-CARE FOR ABORIGINAL AND TORRES STRAIT ISLANDER LGBTQA+ YOUTH

STAY CONNECTED

Talking, having a yarn, and sharing our troubles is what connects us! Even if you can't physically meet with people, reach out via a phone call, text or web-app. Get googling: Check out what other great things LGBTQA+ Indigenous people are doing in your community!

KEEP DOING ACTIVITIES YOU ENJOY

Make a list of things you usually do to keep well - do you like to draw? Create videos? Read? Time to make some new music playlists? These are all things you can do to stay well.

TUNE OUT

It's okay to take a break from social media and the news every now and again.

STAY ACTIVE

Exercise and being active is great for mental and physical wellbeing. Is there a spot you like to go where you can be with nature? Go down to the beach or meet a friend for a walk.

GET JOURNALING

Writing down or recording your thoughts can help you to think through them. Your journal can be private or you may want to share with others who support you.

REACH OUT IF YOU NEED HELP

Remember that there are people you can talk with. QLife is an online web-chat and phone hotline dedicated to LGBTQA+ community members QLife (free call or webchat), 1800 184 527, www.qlife.org.au

Walkern Katatdjin
Rainbow Knowledge



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